

Arthritis Treatment Center Newsletter – March 2011

Let us be of good cheer, remembering that the misfortunes hardest to bear are those that never happen. James Russell Lowell

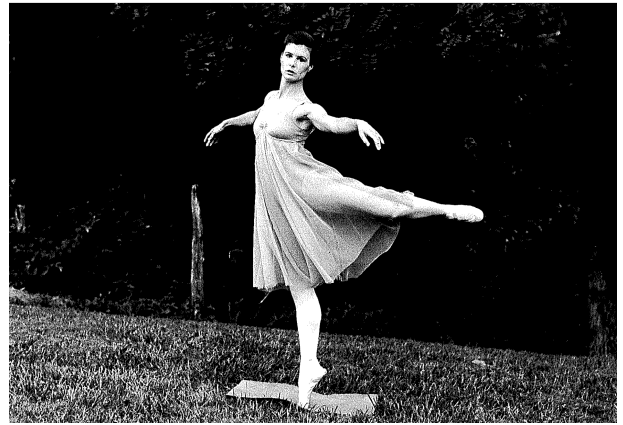
This Dancing Ballerina Reveals What She's Thankful For...

At the young age of 6, Niki Corkran discovered the beauty and elegance of ballet. Imagining nothing else except dancing, she had found her niche through classes at a neighborhood dance studio, and attending a performance arts high school, the Washington Ballet School in Washington, DC. She continued to study at Jacob's Pillow Dance festival and the University of Cincinnati.

Mrs. Corkran has been a part of many dance companies, traveling throughout the United States and Canada.

She married her husband, David Corkran, in 1976, and in 1979, they welcomed their daughter, Alicia. It was during this time she began to teach. Since Mr. Corkran travelled extensively in his position as Command Sergeant Major for the State of Maryland's Army National Guard, being able to develop her skills as a classical ballet teacher was a perfect solution to be able to parent and raise Alicia.

At age 29, she began to experience pain in her wrists and was diagnosed with rheumatoid arthritis (RA). She was very aware of her family history with RA and the effects this disease might have on her ability to dance. Her mother passed away in 1998 at the young age of 61 from complications with her RA and heart disease. Today, both she and her brother, Gene have RA. Mrs. Corkran says, "My brother has been a good sounding board for new treatments, but I have always been in good hands at the Arthritis Treatment Center and Dr. Wei." She continues, "He has allowed me to continue to work, live actively, and live a good life. Most importantly, I am able to do



Niki Corkran – Age 29

what I love to do. The care I receive is not so much that of a physician and patient, but I feel part of the ATC family. They take care of me!"

Today, Mrs. Corkran is the Sr. Director of Arts and Humanities at the Frederick County YMCA. She continues to teach ballet and founded the YMCA Youth Ballet, a company of elite young dancers. She says, "There is great satisfaction in my work when I watch these girls begin my classes at age three and grow up to be beautiful high achieving women in our world." She has also developed programs and ballet certifications through the Cecchetti method. Her arts program is used as a model by other YMCA's and the national YMCA.

When she's not teaching ballet, she enjoys her time off



Niki Corkran and Dr. Nathan Wei

gardening, dabbling in a bit of political activism, visiting her family in Florida, or spending time with her daughter Alicia, son-in-law, Michael, and her adorable grandson, Ryan, who affectionately calls her "Tutu", who reside in Frederick.

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TheraPearl can be found at the Arthritis Treatment Center. Try it out and let us know how it works for you!

Key West-Style Baked Grouper

By: Kim Cooks with Allrecipes.com

You'll enjoy a taste of Key West with this citrus flavored grouper. This meal is high in omega 3's and heart healthy. Serve this with your favorite vegetable. Enjoy this meal with your favorite beer or a glass of sauvignon blanc.

Prep Time: 10 Min ~ Cook Time: 15 Min ~
Ready In: 25 Min ~ Yields 4 servings

Ingredients

- 1/2 cup softened butter, plus more for baking dish
- 4 (8 ounce) fillets grouper
- 1 teaspoon salt
- 1 tablespoon lemon pepper, or to taste
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/4 cup key lime juice
- 1/4 cup fresh orange juice
- 12 slices lime
- 8 oranges

Directions

1. Preheat oven to 325 degrees. Lightly butter a 9x13 inch glass baking dish and set aside.
2. Season the grouper fillets with salt, lemon pepper, garlic powder, and onion powder; place into prepared baking dish. Spread about 2 tablespoons of softened butter over the top of each fillet. Pour in the lime and orange juices, then cover each fillet with 3 slices of lime, and 2 slices of orange.
3. Bake in preheated oven until fish is opaque and flakes easily with a fork, about 15 minutes.

Fun Facts About Exercise

Ezine Articles ~ Author: [Lee Guini](#)

We all know the importance of adding a little exercise into our daily routine. Why then do seven out of every 10 of us fail to do it?

Consider some of these fun facts:

- 1.** There is no need to follow an exhaustive exercise regime. Breathing will do the trick! Yes, breathing can help you lose weight. The more oxygen you take in, the higher your metabolism rate will be; the more calories you can burn; and the less hungry you will feel. Eating less and metabolizing more of the calories you do ingest are two of the greatest weight loss enticers known.
- 2.** Playing with your children or grandchildren for just one hour can burn as many calories as walking briskly for the same amount of time. Now, which is more fun?
- 3.** Eat just 13 packs of cookies (now admit it, that isn't all that difficult), and you will increase by one entire dress size. Now, how

long will it take you to jog that extra weight off? More than 100 hours on the treadmill! If that does not keep you away from the cookie jar, I don't know what will.

4. Are you a soda-holic? The average American adult downs 45 gallons of soft drinks every year. But did you know that equals 21 pounds of body fat!

5. Eating spicy foods an hour or two before you work out can increase your metabolism by as much as 50% -- now that is a tastier way to burn more calories.

6. Standing up straight burns more calories than slouching - just one more reason for good posture. Stand up straight. Good posture burns more calories than slouching.

7. DIY? How about a little home improvement. It has been proven that painting a room; shampooing a rug or doing a bit of landscaping in the yard can burn twice as many calories in an hour than a medium-intensity aerobics class can!

Tips For Online Banking

By [Shanika Chapman](#), eHow Contributor

As people become more comfortable and familiar with the internet, many of them have turned to online banking. Most (if not all) banks now offer online banking. Some banks, like USAA, which doesn't have a physical location, are strictly online banks; an account can be set up in less than 24 hours.

Paying Bills - With online banking, usually you can pay your bills with the click of a button, saving you time and the cost of a stamp.

Budgeting - Most online banks record transactions in real time, which means that the moment you make a purchase, you can locate it in your online account.

Tracking - Many online banks now offer a service that tracks exactly how much you spend, as well as the types of purchases, to give you a better idea of your necessary and unnecessary expenses.

Security - Typically, your online account can only be accessed with a user name and password.

Transfers - With online banking, you can move money from savings to checking so as to avoid any overdraft fees.

Arthritis Treatment Center
71 Thomas Johnson Drive
Frederick, MD 21702
301-694-5800
www.arthritistreatmentcenter.com

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Arthritis Treatment Center March Schedule

March 3rd & 4th - Dr. Wei will be out of the office. The office will remain open from 8am to 12 noon for account services, lab visits, osteoporosis scans, IDD, and product purchases.

The winter weather is upon us... patients should plan to have their prescriptions refilled 7-10 days prior to their last pill, in the event that our office is closed due to severe weather conditions.

Wei's World

My wife and I recently took a vacation. When we married 26 years ago, we couldn't afford a honeymoon. Things were very tight. I was still paying off my medical school loans and the practice was in its early years. So we promised ourselves that someday we would go on a honeymoon. We went to the Caribbean island of Anguilla. If you've never been there, I highly recommend it. It's a small island, relatively unspoiled, in the British West Indies. There's very little else to do but enjoy the friendliness of the people and the beautiful beaches.

What was striking about this trip, aside from the fact we had the most wonderful vacation of our lives, was that I was without my cell phone for the entire week. Now that may not seem like a big deal to many people, but for someone who has been addicted to his cell phone for many years, it was true withdrawal. The reason I went "cell phoneless" is that the roaming charges I would have had to pay were astronomical so I thought... hmmm maybe I can do without my phone. Let's see.... And lo and behold, nothing bad happened to me. In fact, I sort of enjoyed it. It is a liberating feeling to be let loose from technology at least a little bit. I have to confess, I still had

access to email but I wasn't crazy about it. I looked at it and responded to things that were critical but I deleted about 99 percent of what I saw. Very unlike what I would have done had I been at home.

I did see quite a few people at the resort we were staying at conversing on their phones. I'm not criticizing them. I understand what they were doing. But it was liberating just the same to not do what they did.

A true vacation is one where the constraints of the outside world aren't there. Technology is a wonderful thing... but as one of my friends put it about being on his cell phone- a Blackberry no less- "The good news is that I'm always available... the bad news is that I'm always available..."

I worry that we are getting farther and farther away from that.

I never, ever saw myself getting away from my cell phone. Ever. But now that I've done it once, I can't wait to do it again.